

I claim:

1. A shoe or boot comprising

an upper sole part

a lower sole part,

means for interconnecting the upper sole part and the lower sole part, and

an outsole containing said upper and lower sole parts,

wherein the interconnecting means comprises at least one tongue-and-groove connection comprising a tongue extending from a first of said parts toward a second of said parts, and an element on the second of said parts, said element having a groove therein for receiving said tongue.

2. The invention of claim 1, wherein

the upper sole part has a thin wall protruding downward from and underside of said upper sole part around the perimeter thereof to provide backing and as a glue attachment surface for the outsole piece, and

said lower sole part has a thin wall that protrudes upward around the perimeter of the lower part plane to provide backing and a glue attachment surface for the outsole piece.

3. A shoe or boot comprising

an upper sole part,

a lower sole part,

means for interconnecting the upper sole part and the lower sole part, and

an outsole containing said upper and lower sole parts,

wherein the interconnecting means comprises at least two tongue-and-groove connections, each said connection comprising a tongue extending from a first of said parts toward a second of said parts, and a receptacle on the second of said parts, said receptacle having a groove therein for receiving said tongue.

4. The invention of claim 3, wherein one of said connections is at the toe of the shoe or boot and another of said connections is at the arch thereof.

5. An insert for placement in the heel of a shoe or boot, said insert comprising
a U-shaped spring element comprising a pair of substantially planar, generally parallel
arm portions interconnected by a U-shaped bend portion,
each of said arms having a recess therein for housing a magnet, and
magnets of opposite polarity disposed in the recesses, thus providing a non-mechanical
spring action for the heel.
6. The invention of claim 5, in combination with a shoe having a sole with a recess in its heel
adapted to receive said insert.
7. The invention of claim 6, further comprising a dust cover for sealing said recess.
8. The invention of claim 7, wherein the dust cover has substantial expandability to allow for
substantial flexing of the heel under load.